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(12) **United States Patent**
Rafaeli

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(54) **PORTABLE DEVICE FOR TRAINING,
EXERCISING AND PAIN RELIEF UTILIZING
ROTATABLE ECCENTRIC MASSES**

23/0281; A63B 21/06; A63B 21/08; A63B
21/065; A63B 21/1419; A63B 21/072
See application file for complete search history.

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(*) Notice: Subject to any disclaimer, the term of this
patent is extended or adjusted under 35
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(65) **Prior Publication Data**

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(57) **ABSTRACT**

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A61H 23/00 (2006.01)
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A portable device for training and exercising constituted of: a shakable member; a rotational member in communication with the shakable member, the rotational member exhibiting an axis of rotation; a mass exhibiting a center of gravity in communication with the rotational member, the center of gravity of the mass offset from the axis of rotation of the respective rotational member; a motor in communication with the rotational member and arranged to rotate the rotational member about the respective axis of rotation thereof responsive to the at least one motor; and a control circuitry in communication with the motor, the control circuitry arranged to operate the motor so as to irregularly rotate the rotational member to thereby shake the shakable member.

(52) **U.S. Cl.**
CPC **A61H 23/0263** (2013.01); **A63B 21/00196**
(2013.01); **A63B 21/06** (2013.01); **A63B**
21/065 (2013.01); **A63B 21/1419** (2013.01);
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(58) **Field of Classification Search**
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15 Claims, 9 Drawing Sheets

